BAR HILL NEWS

Brought to you by the Bar Hill Community Association
November 2022 Issue 640

Christmas Is Coming!

This year's Christmas lights switch on, in conjunction with the Bar Hill Community Market, will be taking place on the 26th November.

We are expecting to have our traditional tree as well as expanding the lights to cover a larger area - there might even be another visit from Father Christmas!

If you'd be interested in volunteering to help, please get in touch with Laura Chapman - **laurac@barhillca.org** - or, if you'd like to donate please use the QR code below or you can access **https://bit.ly/bhca-christmas** directly.

Moneysaving Tips & Information (Part Two), Page 32

EDITORIAL

November 2022

Welcome to our November issue!

This month we have the second part of Anthony's money/ cost saving guide on page 32.

We welcome two new advertisers this month; Cambs Colour Fence on Page 36, and Pretty Please Beauty on Page 13.

The latest Community Hub update is on Page 6 and Happy Hours on page 12.

As a charity we have a number of vacancies both for volunteers to help out and for Trustees who can help us oversee the charities operations. If you'd like to join us please contact me at **andyp@barhillca.org**.

Hedgehog Fact

Contrary to popular belief, hedgehogs are not rodents.

This most likely started because they are so often confused for porcupines, however, hedgehogs and porcupines aren't related at all, as hedgehogs are actually members of the mammal order Eulipotyphla.

This makes them closer to shrews, which also look like rodents.

For help and advice on hedgehogs contact Liz Dams , Trustee of Shepreth Wildlife Conservation Charity and Education Officer at Shepreth Wildlife Park/ Shepreth Hedgehog Hospital **07947 361187**.

Community Association 2021-22	
Chair/ Secretary	Andy Pellew
Vice Chair	Laura Chapman
Treasurer/ BHN Advertising	Hilary Whipp
BHN Editor	Andy Pellew
Features Editors	Liz Dams, and Bridget Wilson
Trustees	
Bunty Waters	Jo Hall
Anthony Mitchell	Amber Neale
Barry Dean	Kate Da Costa

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

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For more information please email Mel Stamp at **melaniestamp3@gmail.com**

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

Dear All,

On Tuesday (11th.) at around midday, there was a very unfortunate mishap when a little girl who was standing in her young mother's shopping trolley, lost her balance and fell backwards out of the trolley on to the floor, giving both her back and the back of her head a terrible bang on the floor.

The incident occurred just through the entrance barriers on the left hand side by the mobility scooters.

I immediately ran to see if there was anything I could do. Whilst there were no obvious signs of cuts, there was the likelihood of severe bruising to the little girl's back as well as the possibility of concussion as she had given her head quite a severe bang. I did suggest that she should visit her Doctor and that, if the child showed any signs of feeling tired or yawning a lot or had a headache, then she should immediately go to her GP as this could indicate concussion.

By now, we had been joined by another member of the public who, at the time, was enjoying a cup of coffee.

Thankfully, a bag of sweets seemed to help take the pain away.

Now I am not interested in the rights and wrongs of the little girl standing in the shopping trolley, but, if the young Mum is reading this, perhaps she could let me know, through the pages of the Bar Hill News, what the outcome was.

[Name and address withheld - please contact the Editor directly]

Bar Hill Ladies' Book Club

Next meeting : Tuesday 22nd November

The Photographer's Wife by Nick Alexander

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

sheilafarrar@hotmail.co.uk or call/text **07920558319**

Late Christmas Sales (Happy Hours)

It's getting close to that time of year again!

Come and join us for tea and cakes (£2.00) and some Christmas shopping.

Place: Bar Hill Sports and Social Club

Date: Friday 18th November

Time: 2pm until 4pm

There will be jewellery, hand-crafted wooden items, Christmas cards, notebooks, baked goods and more.

Congratulations to all the children who completed the Summer Reading Challenge at Bar Hill Library over the summer! And a big thank you to Cllr Bunty Waters who presented the medals and certificates at our award ceremony.

Bar Hill Library

The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

Crafts Shed Shedders Require New Premises

CraftsShed has now moved into the Octagon Meetings room, Meeting on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation of approximately 60 to 80 Sq Metres. We are working with both the Parish Council and County Council to help find and secure a suitable venue. We believe purchasing a Unit for ourselves will be in the Region of £25K.

CraftsShed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Children's Playground, Tennis Courts, Allotment Society and also near the Scout Hut.

Harris and Hoole have kindly offered for us to have a small display. Please visit the coffee shop and purchase if you can. If you cannot see what you want then contact those below.

Individuals will continue to help make items, and as a group we will undertake small projects for our Community. There will be a display outside of the Octagon weather permitting.

If you are over 18 and would like to come and join us, please contact Chris or Nick below.

If you can help us, please call Chris Stannard **07711 623425** or Nick Gunton on **07484 2555214**

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November 2022 Service Timetable

Every Monday, Usually 10- 12 in the Octagon (Opposite Maple Surgery)
The Hub is for villagers of all ages as a place to gather & enjoy community!

7th November	Coffee Stop & Foodbank	Citizens Advice, Health & Wellbeing
14th November	Coffee Stop	Citizens Advice, Carers Café 10.00 - 11.30
21st November	Coffee Stop	Citizens Advice, Health & Wellbeing
28th November	Coffee Stop	Citizens Advice, PC Surgery

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you

Citizens Advice: we have 9am and 10am appointments, please either :

Email: **barhilladvice@gmail.com** or,
Send a PM: Kevin Potts using Facebook Messenger or,
Phone: and leave your details with our freephone number: **0800 088 6522**

Health & Wellbeing: On the 1st and 3rd Monday of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Carers Café: On the **2nd Monday** of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery.

Parish Council Surgery: Speak in person with a Parish Councillor on the **4th Monday** of every month

Contact: **0800 088 6522** or email: **barhilladvice@gmail.com**

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Bar Hill Tennis Club
Winter Membership
www.barhilltennisclub.co.uk

We are still playing!

Our winter memberships are still available at significantly reduced membership rates. Why not sign up today and enjoy some winter tennis on those sunny winter days!

Winter membership allows you to play at any time through to 31.3.23:

Adult: £25

Junior: £5

Family: £45

Key for floodlights if required - £15

For full details of our very competitive membership fees please visit our web site **www.barhilltennisclub.co.uk**, email, call us (details below) or pop down to the courts during Club nights.

Membership entitles you to play at anytime but the courts are also available to hire for private play. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

It might be November but subject to weather our Adult Club nights on Tuesdays & Thursdays 6.30 to 9pm are still running. We play social tennis – very relaxed and catering for all standards.

Please come along and give tennis a try. We welcome players of all abilities.

We look forward to seeing you!

CONTACT:

Paul Chubbuck (Secretary)

07983 435104

info@barhilltennisclub.co.uk

Geof Tamulonis (Chair)

info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

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BAR HILL WARD - DISTRICT COUNCILLOR'S REPORT

FOOD WASTE BAGS

Do you still use these in your caddy, South Cambs have begun to hold these again and I have three packs from there at present, £4 per pack. Please contact me if you would like a pack and I can get more when I go to Cambourne office.

FLU & COVID VACCINE

Please let me know if you are having trouble finding somewhere to get your vaccine and if you are concerned if you are eligible. This site has some information:

https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

WARM HUBS

Warm Hubs will be run in our community and everyone is welcome into a warm, friendly and inclusive environment with access to tea & coffee, somewhere to socialise and to support each other to stay healthy & well.

FOOD BANKS

In Bar Hill the Food Bank is Bar Hill Food Hub, Octagon, Open on Monday 10am – 12pm

HATE CRIME

Hate crimes and hate incidents in any form are not acceptable and must be reported. Report a hate crime online at **www.report-it.org.uk** or by downloading the Self Evident Police reporting app. Alternatively, in a non-emergency, dial **101**.If you spot a hate crime on public transport, call **0800 40 50 40** or text **61016**.Alternatively, report hate crime anonymously by calling Crimestoppers on **0800 555 111**.

RECYCLE ELECTRICALS

With the existing Household Recycling Centres at Thriplow and Milton, the bins in Cambourne, Melbourn, Bar Hill and Fulbourn have expanded the accessibility of recycling small electrical items for residents. Contact: **Waste.enquiries@scambs.gov.uk** if you have any questions.

SCDC COMMUNITY CHEST – CONTACT THE PARISH COUNCIL FOR SUPPORT

Community Chest Grant is a great way for Community groups and smaller parish councils with fewer than 160 registered electors to secure up to £2,000 in funding for much needed items or activities. Maybe your local playground needs some play equipment, or you need to purchase a fridge for a community café. Or you simply need funding to make repairs to a community building or historic monument. There are lots of things that funding can go towards; provided it meets local need and leaves a lasting legacy for your community.

Parish Councils of any size as well as Community Groups can also apply for our two ring-fenced funds specifically set up for:1. *Biodiversity projects* – 2. *Community Led Plans*

Email **community.chest@scambs.gov.uk** to arrange an appointment. Full criteria and the online application form is available on our Community Chest webpage

Welcome & please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com** **01954 201421/ 07734 690580**

Bar Hill Church news

Services

Sun 30 Oct, 10:00 am	Quaker meeting. (Note clocks go back one hour this morning!)
Sun 6 Nov, 10:00 am	Holy Communion (Methodist) led by Revd Barbara Garwood
Wed 9 Nov, 10:00 am	Midweek Communion
Sun 13 Nov, 10:00 am	Remembrance Sunday
Sun 20 Nov, 10:00 am	Holy Communion (Baptist) led by Revd Paul Hills
Sun 27 Nov, 10:00 am	First Sunday of Advent, Café Church

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740. The meeting has a waiting room so we recommend joining several minutes early.

About us

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church. We also have covenant agreements with the Roman Catholic Church and the Society of Friends (Quakers). We are currently without a minister following the retirement of Charles earlier this year. The vacancy has been advertised and a recruitment process is underway. Our regular church services continue, led by either one of our licensed lay ministers from within the congregation, or by visiting clergy (where they are named above).

Church Contacts

Church Office Ian Farr 01954 206120
church.office@barhillchurch.org.uk

Address Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH

Website https://barhillchurch.org.uk
Facebook https://facebook.com/barhillch

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We wish all our customers and supporters all the very best of health through the autumn after a wonderful summer.

Rosie in Stitches has raised £1,669 so far in 2022. Thank you for your kind support at our stall at the Bar Hill Community Market last month. You can shop with us again at the *Bar Hill Community Market and Tree Lighting event on Saturday 26th November from 11am to 5pm* selling toys and gifts for all ages

We have joined marketplaces on facebook, Virtual Shop Local - East Anglia online Christmas market is until 24th December. Please request to join this Facebook group **https://www.facebook.com/groups/778630486315024/?ref=share** to grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family. Other marketplaces where our catalogue is advertised are detailed on our facebook page **https://www.facebook.com/RosieinStitches/**

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team, with some lovely toys and baby hats received recently.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Contact Mary Sanders on **01223 356615**. Further details are given on our website **www.rosieinstitches.org.uk**.

Thank you for your continued support.

HAPPY HOURS - November 2022

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

4th Nov: AGM, Bingo and a Quiz

11th Nov: Club Birthday Party

18th Nov: Late Christmas Sales

25th Nov: Christmas Arts and Crafts

2nd Dec: Bingo and a Quiz

9th Dec: NO CLUB

Give us a try, your first week is free!

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**

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BAR HILL COMMUNITY MARKET

Christmas Market and Tree Lighting Event

Saturday 26th November

11am - 5pm In the
OCTAGON CB23 8EH
3.30pm Tree Lighting(TBC)

All profits go to community projects
Refreshments all day and Soup at lunchtime.
Handmade crafts and produce, Cakes and lots more.
Karen Austen 07913923349 or
bar.hill.community.market@gmail.com
facebook: Bar Hill Community Market

CHOIR 2000

Come and join Histon's Choir2000 and be "Britten" by the singing bug!

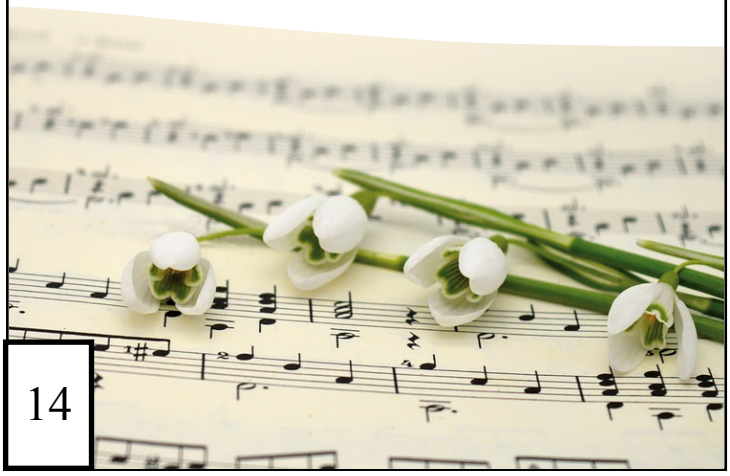
Choir2000 are looking for new members to join them this Autumn term2022. We'll sing Benjamin Britten's Ceremony of Carols and rehearse Christmas favourites for our festive concerts on 9th and 10th December.

Rehearsals are every Wednesday 7.30pm-9.30pm at Histon Baptist Church, Station Road, Histon starting 5th October.

Choir secretary Susie Savage said, "We are so thrilled to be back to full in-person rehearsals at long last with our amazing new Musical Director, Chloë Allison. We would love new singers to join our friendly supportive choir whilst having a great time learning amazing choral music. Singing in a choir is such a joyful experience and a chance to meet like-minded people."

There are no auditions and free taster sessions: all abilities and voices welcome: Why not give it a go! Or come along to our concerts to celebrate the Christmas spirit with us!

To find out more please visit the choir's website **www.choir2000.org** or email us at **info@choir2000.org**



BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop a more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction on how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

CHRIS'S BIKES

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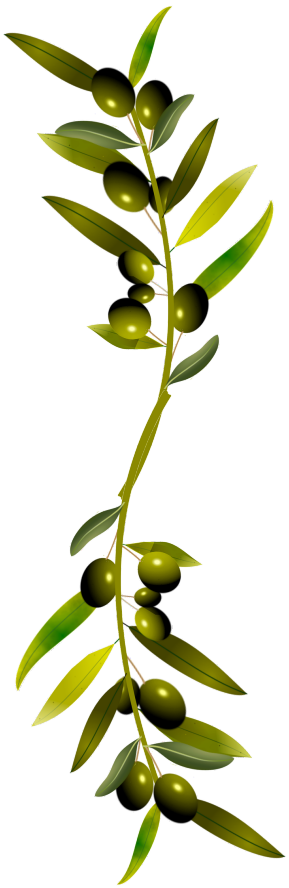
Olive Tree Bereavement Group



Our next meeting for members will be held on Saturday November 12th 2022 at 1030a.m. and December 10th 2022 in the Octagon as usual.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

We are conscious that the Autumn is now well upon us, and with the evenings drawing in you may find this difficult to cope with, an extra feeling of isolation and loneliness. If this is you perhaps you will come along and meet people experiencing this too?

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

For more details telephone Sue Kenchington **780260**, Chris Stannard **781978**, or Maggie Cox **488657**.

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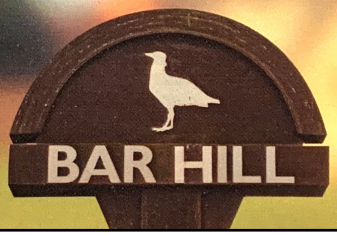

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

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Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

NWR CONNECTING WOMEN

Nov 10th - UK reservoirs: why was it built, did any villages get flooded, etc.

Nov 17th - Telephone Treasure Trail

Dec 1st - Shared initials - research a famous person (dead or alive) with your initials.

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

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Helping Hedgehogs in November

Remember, remember The 5th of November, hedgehogs will have begun to hibernate.

Most hedgehogs have begun to hibernate during November and will normally remain in this state until March of the following year. This is a particularly dangerous time for hedgehogs as often the chosen place to nest will be in an already prepared bonfire waiting to be lit. A bonfire should only be prepared on the day of lighting to prevent hedgehogs from being burnt.

8 O'clock Club

The 8 O'clock club was started in 1973 as a monthly meeting for women of all ages who live in the village. Due to covid we took a break from March 2020 only returning for our first meeting last month. Our meetings take the form of speakers or demonstrators and we also have a Christmas meal, Birthday party and garden party.

Our next meeting is on the 6th October in the school at 7.30pm (please note new time). The fee for this year until September 2023 is £10 for the year plus £1 each meeting to cover refreshments and raffle.

For members who paid in 2019 they will not have to pay the £10. Future dates in 2022 are 7 November and then either 1/8 December.

If you would like to come for a visit, please feel free to join us at any future meeting. If you would like further details please phone Barbara, **204171**, Adela **204265** or Ann **204687**.

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SAXON PARK/ BAR HILL SKATEPARK

Nearly there!

Our last meeting, held on the 11th October, was centred around getting updates regarding contractors and also the proposed Parish Poll (pending approval by the Parish Council).

We are still committed to offering a Skatepark for the village with a maximum cost of around £1/ month (for a Band C property).

As I'm sure any of you who are trying to tie down builders can imagine we are now running into problems related to availability of contractors to provide quotes. We have a finished design, and we're hopeful that by the next meeting we have ballpark figures from contractors that we can start looking at.

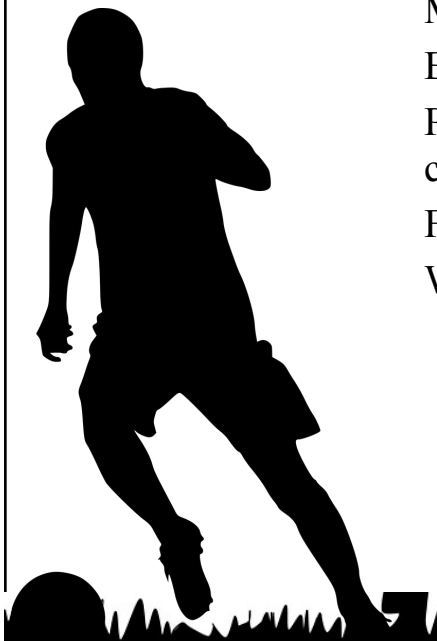
If you'd like to come along to our next meeting it will be on Tuesday 8th November in the Fox at 18:15.

Would you like to be involved??
https://bit.ly/bh-skatepark

Bar Hill Colts

Bar Hill Colts FC want to increase the participation of girls in football. These sessions will run for ALL girls aged 5-11 irrespective whether they've played football before or not.We look forward to seeing you.

Let out your inner lionesses for a fun filled hour of girls football



Mondays 6-7pm

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Please contact Secretary.barhillcolts@gmail.com

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We hope to see you all there

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OUT WITH STRANGER DANGER IN WITH CLEVER NEVER GOES

CLEVER NEVER GOES is the new campaign that teaches children how to stay safe from abduction whether they are outside or online.

It's the modern, child-friendly alternative to the out-dated and fundamentally flawed 'Stranger Danger' message. Rather than fearing the worst in everyone they don't know, Clever Never Goes helps children to recognise specific situations that are unsafe and gives them the tools to respond.

The aim of the campaign is for every primary school child to be taught Clever Never Goes. Already over 2,000 schools have downloaded our free lesson packs, and it is already working to keep children safe.

Since the "Stranger Danger" campaign was introduced around 50 years ago in the 1970's its message has been fundamentally flawed. Most strangers would help rather than harm a child, and many people that do pose a risk to children are not strangers. Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has directly led to children spending less time outdoors, fuelling a rise in obesity and mental health problems. Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that aims to create safer, happier, and healthier children.

The CLEVER NEVER GOES rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian. And please remember, children learn through repetition so make sure you remind them regularly of CLEVER NEVER GOES when they're going outside or online.

THE RULE:

If anyone asks you to go – even someone that you know – if it hasn't been agreed, remember: CLEVER NEVER GOES

Bar Hill Primary School

MACMILLAN FUNDRAISING EVENT - We were delighted to welcome Parents and Carers into school on the 28th September for our Macmillan Coffee Morning. Many thanks for all the amazing donations of Cakes, Bakes and Biscuits, it was lovely to see so many parents in school and the children also enjoyed a Cake Sale at morning break. We are delighted to have raised £336.21. Thank you so much for your support.

BURWELL RESIDENTIAL TRIP - Year 4 went on a residential trip to Burwell. They were absolutely superb and got commended as being one of the best year groups the educational tutors had ever had. They walked along Devil's Dyke from Reach to Burwell then spent the afternoon making beds and completing challenges round the grounds of Burwell House. The children took on the teachers in a night-time jelly baby game before enjoying hot chocolate and getting into bed. Some of them even slept! They also took part in some map work and grid-referencing as they solved the mystery of Mr Peak's smugglers. The children were tasked with a range of team-building activities to win 'eggs' which were used as payment for resources in their 'Great Eggscape' challenge. Despite strong competition from Eggy Peggy, Egg Sheeran and The Grand Old Duke of Yolk, Team Eggy won the competition. A cracking time was had by all! On the final evening they had a campfire with toasted marshmallows and a sing song. Not only did the children behave impeccably around the fire, they also sang beautifully. Despite a reluctant (early) start, beds were stripped, bags were packed and breakfast was consumed on time and without complaint. Then commenced a guided walk around the village – an opportunity for the children to apply their new-found map skills and develop their local knowledge before returning home.

SECOND HAND SCHOOL UNIFORM – We have now set up a second hand school uniform exchange. Many thanks to everyone that has been donating their unwanted uniform. This is available from the school office to all families. All we ask for is for a monetary donation or your unwanted uniform in return, if you are able.

Meridian Trust

Bar Hill Church Knit & Natter

We are now regularly meeting again in The Octagon from 1.15 pm on Thursday until 3.00 p.m. It has been lovely to welcome back our established members as well as welcoming some new ones. All are welcome.

As a well established group, we enjoy our knitting and definitely enjoy nattering. Part of our afternoon's programme now includes some much needed stretching and strengthening exercises aptly led by Wendy and then there is always the tea and cake!

We continue to knit for any charity that requires our out-put and mostly baby clothes and blankets which are needed by several organisations. We are always very grateful for donations of wool to complete our garments and projects and I would be pleased to collect any wool you can spare, or bring it along and meet us all.

We have recently enjoyed a Jubilee Party together and offered Her Majesty the Queen a toast of grateful thanks for her outstanding reign of service. An enjoyable time was had by all.

This group is right for anyone who wants to make new friends and find out more about what is going on in the village and to be included in events as they happen. You will be most welcome to join us.

For more information please phone me. Sue Kenchington **780260**.

RHYMETIME @ Bar Hill Library

There is no need to book; just come along with your children.

Sessions are free of charge.

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WiFi.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please visit our web site **barhillvillagehall.com** and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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Please contact the Clerk in the first instance if you have any queries or concerns.

Opening Hours - The Parish Council Office will be open to the public Monday to Friday 09.30-11.30 Other times available by appointment only.

Correspondence - If you wish to contact the Council for any reason, please leave contact details so the Clerk can reply.

Trees - Please contact the Clerk if you see any trees that are damaged. Contact details are at the top of the page.

Jubilee Trees - We are looking for volunteers to water the new trees. If you are willing to help please contact the Clerk on the above contacts.

Next Meeting Dates - Full Council Meeting: 17 November. Environment & Amenities Meeting: 2 November.

Litter Pickers - Bar Hill Parish Council would like to extend a big thank you to all the volunteer litter pickers who help to keep the Village looking tidy. There are litter pickers and bag holders available in the Parish Council Office if anyone would like to drop by and pick one up to help out.

Trip Hazards - Please can residents check behind their fences for overgrown brambles etc as they can be a trip hazard.

Buses - The Parish Council bus working party arranged a meeting with Stagecoach and our sister villages regarding the changes to the Citi 5 service for the Monday 17th October 6.30pm.

At Stagecoach's request this was for Councillors only - it was difficult to solicit responses from residents. The Working party would still like to hear from residents regarding the Citi 5 service and the CPCA bus tendering process and will ensure that your comments are presented to the relevant authority.

Useful Links

Dogs (Fouling of Land) Act 1996 (**bit.ly/bh-dogfouling**) - Environmental Crime (**bit.ly/bh-envirocrime**) - Damaged Street Nameplate (**bit.ly/bh-streetnameplate**) - Reporting issues with roads, paths, street lights, etc.(**bit.ly/bh-highwaysfault**) - Report a non-urgent Crime - (**bit.ly/bh-reportcrime**)

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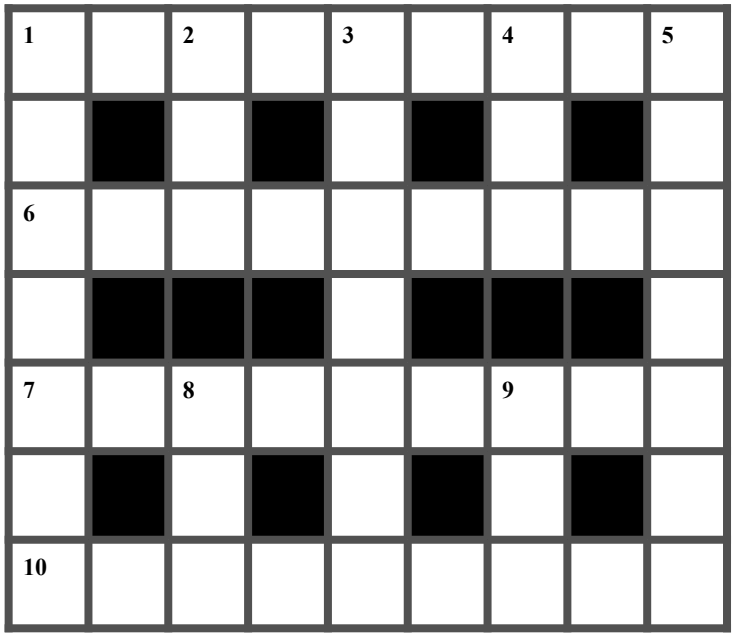

PUZZLE - November 2022

Across-1.wound binding. 6.heed, 4-2-3. 7.simple, 4-2-3. 10.they dwell by the Nile.

Down---1.have faith. 2.gran (dim). 3.unbending. 4.frozen water. 5.plants grown here. 8.utter. 9.a legume.

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Bar Hill Indoor Bowls Club

After the break due to covid restrictions we are back to playing bowls again.

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £1.50 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

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Bar Hill Pre-School

The month of October has seen the leaves falling and we have taken this opportunity to use the conkers, sticks and leaves of a variety of colours in our activities. You may have noticed if you have passed by us on the village green this week that we have the children's wreaths displayed on our windows.

Our families have taken part in a scavenger hunt to raise money for the 'MacMillan Coffee Morning'. Our story for this week has been the 'Shark in the Park', followed by the 'Shark in the Park on a Windy Day'. The children have re-enacted the story by taking a trip to the local park with their crafted telescopes. The children absolutely loved their trip to the park and have received a certificate for participating in the scavenger hunt.

We are looking for donations of the following if you can find any spare: wooden curtain rings, guttering and plastic piping, cotton reels, wooden/Jute coasters. electric cable reels and old electric switch sockets/dimmer switches, any wicker trays/baskets. If you have any of the above, please contact the telephone number below to arrange a suitable collection time. Thank you!

Interested in finding out more and booking a place for your child? Contact enquiries@barhillpreschool.co.uk or call 01954 782892. You could also visit our website www.barhillpreschool.co.uk for an enrolment form.

Children are offered places from the age of two years old. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

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Bar Hill library

The opening hours for Bar Hill Library are:

Monday, Wednesday: 10 – 5pm

Tuesday: 2 – 5pm

Thursday, Sunday: Closed

Friday: 2 – 5pm

Saturday: 9.30 – 12.30pm

We look forward to seeing you there!

Need help with your bus pass?

If you want help applying for a bus pass, or renewing it, drop by Bar Hill Library any time we're open and we'll help you, including by taking a suitable photo.

If you're applying for a concessionary bus pass for the first time you may need your national insurance number, proof of age or disability, and proof of address. Please see the council website for details (**https://bit.ly/3ztSmX9**).

THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have been in the services to join.

This year we will be meeting on the following dates:

24-NOV: Christmas Event, time and place to be announced

We will be doing the Poppy appeal in Tesco's as usual from Tuesday 1st until Saturday 12th November and would be grateful to anyone who would be willing to give an hour or two of their time to help. Please contact Maggie Cox (Poppy Appeal organiser) on 01954 488657 or 07922 342954 .

The Remembrance service will be on Sunday 13th November at 10am.

We are also hoping to purchase a RBL 'Lest we forget' bench and are looking to find sponsors to help finance this. If you or anyone you know would be interested, please contact Maggie or Malcolm Cox on the above number.

For further information please contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657** or just come along to the next meeting.

We would like to say a big thank you to all those who helped and donated to the Poppy Appeal in November last year. We raised over £10,000.

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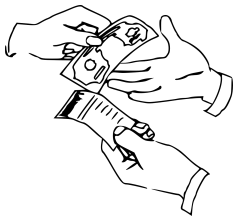
Moneysaving Tips and Information
By Anthony Mitchell

For the disabled you may also qualify for VAT relief for the following products: adjustable beds, stair lifts, wheelchairs, medical appliances to help with severe injuries, alarms, braille paper or low vision aids - but not spectacles or contact lenses, motor vehicles - or the leasing of a Motability vehicle and building work like ramps, widening doors, installing a lift or toilet.



Age UK Cambridgeshire Handyperson Scheme can also help by fitting items like grabrails to your house and change lightbulbs. For more information please call the Cambridgeshire Handyperson Service between 9am and 4:30pm on **01480 700 205** or email **chp@ageukcap.org.uk**

Age UK also offers a Shopping Service and will arrange to have your groceries delivered to your home. Their telephone number is **0300 666 9860**. This is especially useful for heavy items and extra money can be saved when food items are shared between friends and family.

All pensioners and other vulnerable groups like the disabled are likely to receive a free fire safety check including free fire alarms and falls prevention advice, you can call **0800 917 9994** to request a check from the fire service.

You can also get a free NHS Flu Jab from your doctor and participating pharmacies if you are a pensioner or in at-risk group. Please remember you may experience flu like symptoms, but the flu jab will not give you the flu.

If you are a retired and would like further help and assistance, you can phone Age UK on **0800 169 6565**. You can also contact Care Network UK which has Community Navigators and work with Help at Home to provide advice and information for the Retired on **01954 212100**.

If you are struggling with food costs, Cambridge City food bank have distribution centres in the city. They can be contacted on **07772 538628** or **info@cambridgecityfoodbank.org.uk**.

In Cambridgeshire to apply for a bus pass please call Cambridgeshire Direct on **0345 045 1367** or you can scan and upload your documents for free at some libraries.

You will be asked to upload a passport style photograph and documents proving your residency (for example: utility bill or official letter addressed to you), proof of age such as a passport/EU identity document), birth certificate or driver's licence and a passport style photo.

A CEA Card cost £6 per year and provides a free ticket for a companion when a disabled person attends the cinema with a friend. You can call **023 9224 8545** to request a postal form, visit a participating cinema or visit ceacard.co.uk to apply online.

Cashback website are a great way to receive money back from your shopping, utilities and insurances. My general rule of thumb with Cashback websites is to only buy the product or service you would have purchased otherwise. Occasionally a Cashback does not track (for best results use their apps) and Cashback can be slow with some companies, but overall it is worth the seconds it takes to click on a link.

The two biggest cashback websites are Topcashback **https://tinyurl.com/yc7smwz5** (£10 sign up bonus with this link) and Quidco **https://tinyurl.com/597tefnp** ((£1 sign up bonus with this link), both also offer a premium cashback service however I do not believe they offer value for money.

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PlayPals

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

GO LAWN BOWL!

Coton Bowls Club is opening in May for anyone who would like to come and play. You can find us on the recreation ground in Coton, opposite The Plough pub. Anyone with a pair of trainers (or flat soled shoes) can play, so why not come along for a friendly game and a cup of tea or something a little stronger afterwards? Parking available.

Our ***Bowls for All*** open sessions will be on:-

Monday 2 May 2-4pm
(bank holiday)

Thursday 5 May 6-8 pm

Sunday 15 May 2-4 pm

Tuesday 24 May 6-8 pm

If you would like any further information do contact Alyson on tel: 07958 444047, email: opensessions@cotonbowlsclub.co.uk, or check out our website: www.cotonbowlsclub.co.uk

Bar Hill Cricket Club

We wrapped up our season's activity with our presentation evening at the Social Club, with prizes given out to the following:

- Bowling award: Jamil Haque
- Batting award: Adam Dean
- Most Improved Player: Jack Williams
- Outstanding Performance: Adam Dean
- Player of the Year: Jamil Haque
- Clubman: Ash Curry
- Champagne Moment: Jacob Marshall-Grint
- Panda Shandy Moment : Jacob Curry
- Duckman: Peter Stockton

Club caps were awarded to Jim Neal, Phil Orvis and Peter Stockton for reaching 100 league appearances.

Thanks to Tesco and the Social Club for the donation of raffle prizes.

Keep an eye on our website at barhillcricket.org.uk or on our Facebook page for the latest information through the winter, including news – hopefully – of a fundraising quiz night.

Paul Stimpson

201212 | info@barhillcricket.org

Arthur Rank Hospice Charity

Looking for a friendly meeting place for lunch or coffee?

There is a popular bistro at the Arthur Rank Hospice Charity in Cherry Hinton Road, Shelford Bottom,Cambridge CB22 3AB.

The comfortable café is open, both indoors and outdoors and take-away is also available, Monday to Sunday, 9.00am – 4.00pm.

Got a concern?

Get in touch with your Member of Parliament

I hold regular surgeries that can be booked by email, telephone or letter

01223 603677
anthony.browne.mp@parliament.uk
www.anthonybrowne.org
@AnthonyBrowneneMP
@ab4scambs
fb.com/AnthonyBrowneMP
Broadway House,
149-151 St Neots
Road, Hardwick
Cambridgeshire
CB23 7QJ

Flu Vaccinations

Please support your surgery and contact our receptionists to book your appointment.

The flu vaccine is given free on the NHS to adults who meet certain criteria.

The surgery is only able to administer the free flu vaccine to those eligible under the NHS. If you are not eligible and choose to have the vaccine privately, this can be purchased from the Pharmacy.

Enhanced Access to GP

Local GP practices are working together to offer patients evening and weekend appointments in our area. Over Surgery is now open on Saturdays and other local practices including Milton Surgery have evening appointments. That means you will be able to see a GP, nurse or other health professional at a time which is most convenient for you.

These are pre-bookable routine appointments face to face with a Doctor, Nurse, HCA or Phlebotomist and are provided by the Cambs GP Network. Services offered are:

- Consultations (GP & Advanced Nurse Practitioner)

- Nurse appointments offering dressings, asthma and diabetes reviews, contraception reviews, etc.

- Health Care Assistant appointments offering ear irrigation, wound care, blood test, etc.

- Phlebotomy: Routine blood tests are available within our Extended Access Clinics

- Cervical Screening

These appointments are available to ALL of our patients registered at Willingham and Longstanton surgeries.

Please contact the Willingham reception team on **01954 260230** to book an appointment, as the Over surgery will only be able to book in their own patients.

Please note that your consent for our clinician to view your medical record will be required in order for an appointment to be booked for you.

If you are unwell over a weekend you would need to call 111.

Please see **https://www.cambsgpnetwork.nhs.uk/gp-extended-access**-1 for more information on sites and opening times or ask.

My Care Record

Your GP, hospital, community health, mental health and social care teams may all hold records about your care separately. Often, only health and care professionals within the same organisation can see this information. This means it can be difficult for them to work together to deliver the best care. When information is made available in a more joined-up way, health and care professionals can provide faster, more effective care.

Health and care organisations in our region are working together to implement a new approach called My Care Record. Wherever possible, health and care professionals will be able to access your records from other services when it is needed for your care. For example, a hospital doctor, community nurse or social worker involved in your care could view the information they need from your GP record.

For More information and FAQ's please visit **https://www.mycarerecord.org.uk/**

BAR HILL MAPLE SURGERY

NHS

Staff

Although we are sad to announce that Catherine Trippier has moved on to another career opportunity, we are delighted to welcome Charlie McDowell who joined Maple Surgery on 1st September 2022 as Practice Manager. Charlie comes from a family who are already working in the NHS. He has experience managing within the healthcare sector from a private perspective. He has stated his aim "to increase patient engagement and make positive changes where necessary, to give the people of Bar Hill the healthcare they deserve". I am sure that he will be welcomed by both staff and patients.

Missed Appointments

Following on from my report of missed appointments last month, we are still reporting 7 hours of nursing time missed and an increase to 2 hours of GP time missed in August due to patients not attending booked appointments.

If you are not able to attend an appointment we would really appreciate it if you can ring to cancel your appointment; these are appointments that we could then offer to another patient and would help reduce waiting times to see a nurse or doctor.

Flu vaccinations

The flu vaccination programme has been a great success so far. Our wonderful nurse Donna has been leading the programme along with our HCA Lyudmila Pancheva supporting the roll out. Donna has completed all home visits in the area for flu vaccinations. Final figures for the vaccination rates for the patient base will be published next month following its conclusion.

Please contact the surgery to book your flu vaccination.

Autumn COVID booster vaccinations

Please note that we are not able to offer COVID booster vaccinations. If you are eligible you will be contacted by the national booking centre in due course. If you have any queries concerning the COVID vaccination please call 119 who will be able to advise you.

Charlie McDowell

Practice Manager, Maple Surgery

Wildlife Gardening in November.

Winter is the time when wildlife needs an extra helping hand to ensure the birds, hedgehogs and other visitors to the garden make it through the colder months.

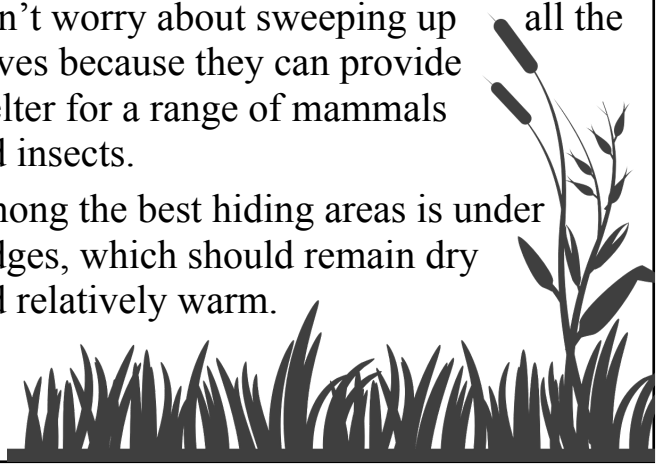
Birds rely on berries and seeds to keep the food supply up during the winter months, so if you are using berries for Christmas decorations and have netted them for protection consider leaving some berries for the birds as well.

Continue feeding birds throughout the winter including putting fresh water out each day. Sit feeders or nest boxes at a high level, to make them less accessible to cats.

After autumn pruning don't dispose of all the rotten wood and bark. This provides much-needed shelter for many overwintering insects including ladybirds.

Don't worry about sweeping up all the leaves because they can provide shelter for a range of mammals and insects.

Among the best hiding areas is under hedges, which should remain dry and relatively warm.



OUR LADY OF THE ASSUMPTION AND THE ENGLISH MARTYRS

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), **01223 622690**), Local: **Bunty Waters** (**01954 201421**)

Mass is now held in the Octagon at 6.00pm on Saturdays.

Everyone is very welcome.

More information is available via the website; **https://olem.org.uk/masses-bar-hill/**

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Caldecote, Cambridge CB23 7NX

The home is where people should expect to feel safe and secure - it is the one place where they have a right to feel safe! By visiting and securing the homes, the Bobby Scheme helps victims of burglary, theft and of domestic abuse and their children to remain in their home, to recover from the trauma and to begin the journey of moving forward, rebuild and take control of their lives.

Call **01480 413311** (or **07866 602100**).

If you have been a victim of crime (Cambridgeshire Constabulary should ask if you want to be referred) and the visit is free, otherwise there is a £50 suggested donation to help cover the costs of the visit.

See **thebobbyscheme.org/** for more details.

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BLUE BIN SIDE WASTE

If you have extra recycling that needs to go out with your blue bin South Cambs DC in order to ensure it's collected please;

- Secure cardboard (tape or tie together) in one bundle which would fit inside the bin with the lid closed if there were space. Please don't leave it out in the rain!
- Put other recycling in one transparent sack. No black sacks
- Put any glass bottles and jars inside your bin, not the sack, for safety reasons
- If you always need to put out extra recycling, order a free extra blue bin via the South Cambs website

Hopefully this guidance will be useful in the run-up to Christmas which is the time of the year when a lot of additional waste is generated!

Cambridgeshire Constabulary

eCops

According to our 2022 survey, 73% of respondents said that thanks to eCops, they would now "find it easier to spot a scam, fraud or potential crime attempts".

A further 55% of respondents said that due to eCops, they have changed their behaviour regarding how they protect themselves and others against crime.

Also as a result of eCops:

- 23% of respondents said that they have taken action to help protect themselves against crime,
- One third of respondents said the information in eCops alerts has helped prevent them from becoming a victim of crime, and
- Half of the respondents said that their confidence in the police has increased since signing up

Help your friends, family and neighbours to feel safer in their community and protect themselves against local crime. Anyone in Cambridgeshire can sign up to eCops for free at **www.ecops.org.uk**

#safercambs

neighbourhood ALERT ©

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Registered Charity 1179618

Spectrum are family focused and passionate about inclusion.
We are proud to have won both the Cambridge Live Community Awards and Luminus Community Inspiration Awards for our work.

Providing a broad range of engaging and imaginative events, days out and SEND support for children with Autism, additional needs, learning difficulties and disabilities, alongside their families and carers.

Additionally we are a recognised agent for Max Card across East Anglia and work closely with Clip n Climb Cambridge on their SEND sessions.

Our membership is free.

@spectrumcio

clip 'n climb

COMMUNITY INSPIRATION AWARDS

CAMBRIDGE COMMUNITY AWARDS

www.spectrum.org.uk 01223 955404 hello@spectrum.org.uk

#WEARESPECTRUM

Christmas

Light Switch-On

26th Nov

DONATE HERE

(Cash or Cheques to BHCA care of Parish Council Office)